

# Walking to Running in 30 days!

Why Start tomorrow what you can Start today

Day 1 4 min walk 1 min run repeat 3 times	Day 2 4 min walk 1 min run repeat 4 times	Day 3 2 min walk 2 min run repeat 2 times	Day 4 15 min walk	Day 5 1 min walk 10 sec sprint repeat 5 times
Day 6 2 min walk 2 min run repeat 3 times	Day 7 3 min walk 2 min run repeat 3 times	Day 8 15 min walk	Day 9 2 min walk 2 min run repeat 4 times	Day 10 2 min walk 10 sec sprint repeat 5 times
Day 11 5 min walk 2 min run repeat 4 times	Day 12 15 min walk	Day 13 2 min walk 3 min run repeat 3 times	Day 14 2 min walk 2 min run repeat 4 times	Day 15 2 min walk 20 sec sprint repeat 5 times
Day 16 15 min walk	Day 17 3 min walk 3 min run repeat 4 times	Day 18 2 min walk 3 min run repeat 4 times	Day 19 3 min walk 3 min run repeat 5 times	Day 20 15 min walk
Day 21 1 min walk 1 min run repeat 5 times	Day 22 1 min walk 2 min run repeat 3 times	Day 23 1 min walk 3 min run repeat 3 times	Day 24 15 min walk	Day 25 2 min walk 25 sec sprint repeat 5 times
Day 26 1 min walk 4 min run repeat 3 times	Day 27 2 min walk 4 min run repeat 4 times	Day 28 15 min walk	Day 29 2 min walk 5 min run repeat 5 times	Day 30 1 min walk 5 min run repeat 6 times